

Be Energized *Make your whole life a success!*

LIFESTREAM

Skills for Living!

- Balance demands of family, career, school, friends & self
- Turn your intentions into results
- Profoundly improve work / life relationships
- Fill your life with trust, responsibility & integrity
- Develop a strong sense of purpose, balance and personal power
- Acquire life-long tools for decision-making and win-win results
- Learn how S.M.A.R.T. goal-setting produces results in your life
- Replace stress with success and confidence
- Understand where you want to go in life
- Stay true to your values

Info/Register: 585.329.2640

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High Impact Experiential Learning: The facilitator introduces topics through lecture, discussion and activities. Individual and small group learning exercises reinforce concepts so they are internalized, becoming part of who you are, how you lead, and how you engage with the world.

Make this investment in yourself!



Join us for **LifeStream Basic** with James Thurston, who has inspired personal transformation and results for the past eight years all across Canada. James is also a business owner, First Aid/CPR Instructor, and published poet/author. His writing has been distributed in more than 100 countries and translated into four languages.

Tuition is only \$395 – *What are your results worth?*

LifeStream Basic Seminar

October 21-24, 2010

(Thursday & Friday evening, all day Saturday, Sunday until about 6 pm)

Held at St. John Fisher College

3690 East Avenue, Rochester NY

www.LifeStreamRochester.com or 585.329.2640

Payment plans and scholarships are available

LIFESTREAM ROCHESTER

What LifeStream participants say about the impact LifeStream has had in their lives:

With powerful content delivered through a phenomenal facilitator using lectures, experiential exercises, and tools to sustain and enhance what has been learned, LifeStream enables participants to re-discover their gifts and their power, and how to bring these into the world. I highly recommend LifeStream to anyone seeking sustainable change to live their lives to the fullest.”

– *Michael J. Hunt, Executive VP, Silicon Valley High Tech*

“A seminar for people who are ready to do something about their lives instead of just talking about doing something about their lives. I highly recommend LifeStream!”

– *Seth Harris President, Stingray Studios, Inc.*

“Great for anyone and everyone. A person with trust or responsibility issues will be fulfilled and leave at peace. Experiencing the transformations that take place here is life changing! You really can't imagine it until you experience it.”

– *Hayden Glassman (16) Student, Brighton HS*

“The staff and other people are very open and loving. The atmosphere is very encouraging and inspiring. And, the music is great!”

– *Carly Camp (14) Student, Wayne Central HS*

“I wish that I had this opportunity when I was a teen—my life would have been great from then, instead of starting at age 57!”

– *Sally McPike, Real Estate Broker*

“Great! Love the experiences, dyads, reflection time, lesson, tools ... so valuable.”

– *Banny Tyskiewicz, Teacher Victor Elementary*

“This experience provides insight and tools for people to be inspired to be their best ‘self’.... no matter what circumstances they are facing! We cannot be reminded enough that every day is a new day filled with possibilities and potential!! Thank you for the renewed energy.”

– *Danny Dehm, Principal, Victor Elementary*

“Very useful for my Professional Development - I gained new knowledge and practices to significantly improve my ability to be effective while leading or participating on teams.”

– *Peggy Stritch, Sr. Manager, Workplace R&D*

“Thanks to the seminar, I now possess the tools to help my employees maximize their potential.”

– *Thomas J. Grote, Director of Operations Donatos Pizza, Inc.*

“In my profession as a C.P.A., I use skills learned in LifeStream every day to reduce stress and improve client relations.”

– *J.T. Rhodes, Certified Public Accountant*

“LifeStream is a ‘10’ as a Love-based Leadership Development Program”

– *Paul Camp, Executive Director, Government Group Global Strategy, Ameco*

“I have participated in seminars conducted by Anthony Robbins, Steven Covey, Denis Waitley, Brian Tracy and others. LifeStream’s process of ‘learning through doing’ was much more powerful than ‘learning through sitting and listening’. The tools I have received from the BASIC and ADVANCED IPI seminars are used every day and have made an impact on myself, my family and my co-workers.”

– *Jim Marous, Marketing Executive*

“LifeStream helped me to become a better version of myself!”

– *Becky Kiley (17) Student, Victor HS*

“As a result of the work I’ve done in LifeStream classes, I feel rooted in some basic principles that have sustained me through very challenging life circumstances. My relationships are richer than ever before!”

– *Sherri Longyear, LMT, Walworth, NY*

“A life requirement! Ideal for those facing challenges *AND* for those looking to move from good to GREAT.”

– *Barb Glassman, President, G-FORCE Collaborations*

“After Basic, I feel much more centered, and I can’t wait to get out into the world to put it all into practice.”

– *Kayla Dewey (19), Student, Claremont-McKenna College*

“My life looked pretty good but felt kind of grey. Through LifeStream I discovered that there was so much more I could do to impact and enjoy life. My personal and professional relationships have more depth, I am more centered and balanced, my productivity and effectiveness are way up, and I am having a more powerful impact on those around me and in the world.”

– *Dave Vanable, Sales/Marketing/Business Executive*